

SPORTS

★ CFC golf tourney

The Combined Federal Campaign golf fundraiser is **Oct. 24**, noon, at Tijeras Arroyo Golf Course.

Entry fee for the two-man best ball tournament is \$40/person; pay at check-in, 1000-1130.

Three feet of string is \$5; mulligans are three for \$5.

Call 853-7849.

★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

★ Swim program

Kirtland Aquatic Club offers a swimming program for adults.

Membership privileges include access to the indoor pool and USA Swimming

certified coaches during practice times, **weekdays**, 6-8 p.m. and **Saturdays**, 9-11 a.m.

Call 259-2098 or 271-9586.

★ Swim lessons

Swimming lessons are 30 minutes, **Tuesdays** and **Thursdays**, 4-6 p.m. and are \$24 a session.

Register at the indoor pool.

Call 846-5485.

★ Fall basketball

Fall basketball registration for 5- to 18-year-olds is **Oct. 29** at the youth center.

Call 853-5437.

★ Golf or lunch

The Tijeras Arroyo Golf Course Snack Bar offers a 10 percent discount on lunch **Mondays**, 10 a.m.-2 p.m.

LOBO FOOTBALL 2003

See the
NM Lobos
-vs-
Air Force
Nov. 15



New expansion area
tickets for only \$8!

For reservations call the Tickets and Travel office at 846-2924.
(Located in the Consolidated Support Building)

SPORTS



Photo by Todd Berenger

Keep Moving

Lt. Col. Keith Harris, 377th Security Forces Squadron commander, leads his squadron for an early morning run as part of the new wing fitness policy. Running next to Harris is Airman 1st Class Amanda Keller.

★ Football Frenzy

Football Frenzy is every **Sunday**, during football season, 10 a.m., in the Road-runner Lounge.

Stop by for the game of your choice (not the one the

local channel picked out for you).

There will be plenty of beverages, chow, screaming and lots of great prizes. Beverage and food specials as well as great prizes are for

members.

Nonmembers will be charged normal pricing. Call 856-5165.

★ Boot camp class

Recall the glory days of boot camp while getting into shape for the fitness test.

The intense aerobic class includes pushups, situps and other boot camp style exercises.

Classes are **Tuesdays**, 5 p.m., at the East Fitness Center.

★ B-ball coaches

Applications for men's and women's basketball coaches are being accepted at the East Fitness Center.

Submit your resume to Dan McDermott, fitness center director.

Call 846-1102.

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member, and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour.

Call 846-1102.

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Call Steven Morrell at 259-2098 or Rob Jones at 271-9586.

★ Costumes, disc golf

Wear a costume and play disc golf in a tournament **Oct. 30**, 6 p.m. Outdoor Recreation judges costumes for prizes.

Required advance registration fee is \$1 at Outdoor Recreation. Costumes are required for the tournament.

Call 846-1499.

★ Rock climbing

Learn to rock climb with Outdoor Recreation at the Stone Age climbing gym. The beginner class covers all the

fundamentals of gym climbing. This is a fun way to start a lifetime of climbing, to help keep you strong, fit and flexible. Trip is **Oct. 21**, 5-9 p.m.; \$45 per person.

Call 846-1499.

★ Trail ride

Horseback trail rides in the Sandia Mountains and Cibola Forest is **tomorrow**.

Outdoor Recreation provides the horse, the guide and transportation.

Leave Outdoor Recreation at 8 a.m.

Cost is \$30 a person for all ages. Call 846-1499.

★ Handball club

No initiation fees, no dues, no meetings only competitive handball games. Courts 2 and 5 are reserved from 1100 to 1300 hours for challenge games. New members are always welcome.

Call 846-2454.

★ Ride of your life

The East Fitness Center holds the USAF Cycling Program, "Go For The Ride Of Your Life". You can win t-shirts, caps, towels, and water bottles. Come by the fitness center and pick up your mileage card.

Call 846-1068 or 846-1102.